THE RECOVERY KERNEL

[redacted].

[redacted] - [redacted].

[redacted]: [redacted]. [redacted]. [redacted].

[illegible]?

[illegible] [illegible] [illegible] [

[illegible].	[illegible]?	[illegible].
30 [illegible] ([illegible], [illegible], [illegible].[illegible]).	[illegible]; [illegible] VCF [illegible] - [illegible]. [illegible] $200-400, [illegible].	[illegible]. [illegible].[illegible].[illegible], [illegible] - [illegible].
[illegible].[illegible].[illegible] (23andMe, Ancestry).	[illegible] 700,000 [illegible] SNP[illegible] (.txt [illegible]); [illegible] MTHFR, COMT, DRD2 [illegible] CYP [illegible].	[illegible]. [illegible] VCF [illegible], [illegible]. [illegible] Genetic Genie ([illegible]) [illegible] Promethease (~$12) [illegible].
[illegible] (GeneSight, Mayo GeneGuide).	[illegible], [illegible] CYP2D6/2C19/3A4 [illegible].	[illegible]/[illegible]; [illegible] WGS [illegible].
[illegible] ([illegible], [illegible]12, [illegible]).	[illegible], [illegible].	[illegible]. [illegible].

[illegible] + [illegible]: VCF [illegible], [illegible] 16 [illegible] ([illegible], [illegible]-[illegible], [illegible]-[illegible], [illegible], [illegible]-[illegible]) [illegible]. [illegible], [illegible]. [illegible]: [illegible], [illegible] - [illegible].

[illegible]: [illegible], [illegible], [illegible] (pharmacogenomic testing) [illegible]. CYP2D6 [illegible] 60-[illegible] FDA [illegible] - [illegible], [illegible].

1b. [illegible]: [illegible].

[illegible] ([illegible] 1-[illegible] 2/3-[illegible], [illegible] 06 [illegible] GABA [illegible]). [illegible], [illegible], [illegible], [illegible]

[illegible] [illegible], [illegible] 15 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] 60-80% [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible].

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Result	□□□□□□□.	□□□ □□□□□ □□□□□□□□□□□□□?
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		  * Recovery Kernel
		  * Naloxone
		  * COMT
		  * DRD2
		  * MTHFR
		
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		  * Blueprint
		
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Result	[illegible].	[illegible]?
		[illegible].

MTHFR [illegible] [illegible].

[illegible] **T** [illegible], [illegible] [illegible] **(**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]**)** [illegible]. [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] / [illegible]-[illegible] / **5-**[illegible] / [illegible] [illegible].

[illegible] 2 - COMT ([illegible]: [illegible] vs [illegible]/[illegible])

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. (Met/Met [illegible] 'Worrier' [illegible] 'Sage' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].)

Result	[illegible].	[illegible] (lean) [illegible] [illegible] [illegible] [illegible].
Val/Val	[illegible] - [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible], [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible].
Met/Met	[illegible] / [illegible] - [illegible] [illegible].	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible].
Val/Met	[illegible].	[illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] 3 - CYP2D6 ([illegible] [illegible]).

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

Result	[illegible]?	[illegible] [illegible]?
[illegible] [illegible] [illegible] [illegible] (PM).	[illegible] [illegible]. [illegible]/[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. Naloxone [illegible].
[illegible] (IM)	[illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] (NM)	[illegible].	[illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] (UM)	[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 4 - GABRA2 / GABRB3 ([illegible] [illegible]).

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. GABRA2 [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], '[illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

Result	[illegible].	[illegible] [illegible] [illegible]?
GABRA2 [illegible] [illegible] (rs279858 T-[illegible]) — [illegible] 15-20%.	[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].	[illegible]/[illegible] [illegible] '[illegible] [illegible] [illegible]' [illegible] [illegible]. [illegible]-[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
GABRA2 [illegible] [illegible] - [illegible] 30-35%.	[illegible] [illegible].	[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible].
GABRB3 [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible], [illegible]	[illegible]/[illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible],

Result	[illegible].	[illegible]?
	[illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]

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MTHFR T/T + COMT Met/Met □□□□□□ □□□□□.	□□□□□□□□ □□□□□□□□□ + □□□□□□□□ □□□□□□□□□□□□□.	□□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□. □□□□□□□□ □□□□□□□□□□□□□□□/□□□□□□□□□□□□□□□□□□□/□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□, □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□□□□□□□□□□□□□□□□: □□□□□□□□□□□□□□□□□□ 15 □□□□, □□□□□□□□□□□□□ 800 □□□□□, □□□□□□□□□ 800 □□□□□, □□□□□□□□□, □□□□□□□□□ □□□□□□.
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□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□ □ □ □□□□□□□□ — GABRA2 + COMT Val/Val.	□□□□□□□□□ □□□□□□□□□□□□□□ + □□□□□□□□□□ □□□□□□.	□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□; □□□□□ □□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□. □□□□□□□□□□□: □□□□□□□□ □□□□□□□□□□□□ + □□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□ + □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□.
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[illegible] [illegible].	[illegible].	[illegible] [illegible] [illegible].
[illegible] - GABRA2 + COMT [illegible] [illegible] Met/Met [illegible].	[illegible] [illegible].	[illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] — GABRA2 + MTHFR T/T	[illegible] [illegible] + [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **MTHFR** [illegible] → [illegible] [illegible]. **COMT Val/Val →** [illegible], [illegible]. **COMT Met/Met →** [illegible] [illegible] [illegible]. **GABRA2 →** [illegible] [illegible]. **CYP2D6** [illegible] → [illegible] [illegible], **Naloxone** [illegible]. **DRD2 A1 →** [illegible] [illegible] [illegible]. **4-5** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 4 - [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] 2-3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] A - [illegible] ([illegible] [illegible] [illegible]).

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] 3-4 [illegible] [illegible]. "[illegible]" (Warriors) [illegible] "[illegible] [illegible]" (Understimulated Warriors) [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible], "[illegible]" (anhedonia) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- **COMT Val/Val** [illegible] [illegible], [illegible] **MTHFR T/T** [illegible] [illegible] **DRD2 A1** [illegible] [illegible] [illegible] [illegible]. [illegible], **GABRA2** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].
- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] **-** [illegible] [illegible], [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] ([illegible] [illegible] [illegible]).

[illegible]: NMDA [illegible], [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible] [illegible]: [illegible] **-** [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible]: [illegible] **COMT** [illegible], [illegible] [illegible]; **NAC (N-**[illegible]**)** [illegible]/[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] C - [illegible] ([illegible] [illegible] [illegible]).

[illegible]: 7-[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] 12-24 [illegible] [illegible]. [illegible], "[illegible]" [illegible] "[illegible] [illegible]" [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- **COMT** [illegible] "[illegible]/[illegible]" **(Met/Met)** [illegible], [illegible] **MTHFR** [illegible] "[illegible]" **(T/T)** [illegible]; **OPRM1** [illegible] **CYP2D6** [illegible] [illegible] [illegible] [illegible].
- [illegible]/[illegible] [illegible] - [illegible]: [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] **MAT (**[illegible]**)** [illegible]. **OPRM1** [illegible] **G-**[illegible], [illegible] [illegible] [illegible] [illegible]. **DLPA** [illegible], [illegible] **5–10%** [illegible].
- [illegible]: [illegible] - [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible], [illegible] [illegible].

> [illegible] [illegible] "[illegible] [illegible] [illegible] [illegible] [illegible]" [illegible] [illegible]?
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> [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] "[illegible]" [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

ஏற்படுத்தாது.

[illegible] 5 - [illegible], [illegible].

[illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible] - [illegible] (1-3 [illegible])

[illegible], [illegible]. [illegible] 8 [illegible] - [illegible], [illegible] ([illegible], [illegible]).

[illegible] ([illegible]).

- [illegible]-[illegible]: 1 [illegible].[illegible] [illegible], 8 [illegible] 7.5–15 [illegible].[illegible] [illegible] (MTHFR [illegible]).
- [illegible] ([illegible] B12) 5,000mcg, [illegible].
  [illegible] 400–800mg.
  P-5-P (B6) 50mg.
  TMG 1,000mg.
- [illegible]-3 (EPA/DHA) 2–3 [illegible] · NAC 1,200 [illegible] ([illegible]) · [illegible] 1,000 [illegible], [illegible].

Warrior [illegible] (COMT Val/Val).

- L-[illegible] 1,000–2,000 [illegible] · [illegible] 200–400 [illegible] · [illegible] 500 [illegible] 2 [illegible]/[illegible] · [illegible] 400 [illegible].

Sage/Worrier [illegible] (COMT Met/Met)

- L-[illegible] 400 [illegible], [illegible] 2 [illegible] · [illegible].[illegible].[illegible].[illegible] (SAMe) 800 [illegible] · [illegible] (taurine) 1,000 [illegible] · [illegible].

[illegible] (GABRA2/GABRB3 [illegible]).

- [illegible] 600–800 [illegible] ([illegible]) ([illegible]).
  L-theanine 400 [illegible], [illegible] 2 [illegible].
  [illegible] 1,000 [illegible].
  [illegible] 3 [illegible], [illegible].
  [illegible], [illegible] ([illegible]).
  [illegible]: [illegible]/[illegible], [illegible], KSM-66 [illegible].

[illegible] - [illegible] (3-6 [illegible]).

[illegible], [illegible]. [illegible], [illegible]:

- **[illegible]/[illegible]: [illegible], [illegible] MAT ([illegible]) [illegible]**; [illegible] **1-2** [illegible] **5-10%** [illegible]

[illegible]; DLPA 500mg, [illegible] 2 [illegible]; [illegible].

- **[illegible]/[illegible]: [illegible] ([illegible]); [illegible] 2,000 [illegible]; [illegible].**
- **[illegible]/[illegible] ([illegible] GABRB3-[illegible]): [illegible] - [illegible]. [illegible], [illegible]. GABA [illegible] ([illegible], [illegible], [illegible], [illegible]); [illegible]/[illegible] [illegible].**

[illegible] - [illegible] (6-12 [illegible])

[illegible], [illegible] (BDNF, D2 [illegible], [illegible]). [illegible], [illegible].

	[illegible] ([illegible]/[illegible])	Sage/Worrier (Met/Met)	GABRA2 ([illegible]).
[illegible].	HIIT, [illegible], [illegible], [illegible].	[illegible], [illegible] (zone-2 cardio), [illegible], [illegible].	[illegible] ([illegible]/[illegible] - [illegible]), [illegible]-2 [illegible], 4-7-8 [illegible].
[illegible].	[illegible], [illegible] → [illegible].	HIIT/[illegible] → [illegible].	[illegible], [illegible], [illegible].
[illegible].	[illegible].	[illegible], [illegible].	[illegible]; [illegible], [illegible].

[illegible] - [illegible] ([illegible]).

[illegible]. [illegible], [illegible]: '2 [illegible]' [illegible] 4–8 [illegible]; '8 [illegible]' [illegible] 2–5 [illegible] 12–16 [illegible]. [illegible], [illegible].

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] **NAC,** [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible]**) AMPA/BDNF** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 6 - [illegible].

[illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible]; [illegible], [illegible], [illegible], [illegible].

=== [illegible] ===

[illegible]:
MTHFR C677T
MTHFR A1298C
COMT Val158Met ([illegible]/[illegible]/[illegible])
CYP2D6 (PM/IM/NM/UM)
CYP2C19
GABRA2
GABRB3
OPRM1
DRD2

[illegible]: [illegible] ___ ([illegible] <10) · [illegible]12 ___ ([illegible] >400) · [illegible] ___ ([illegible] 40-60).

[illegible]: [illegible]([illegible]) ___ · [illegible] ___ · [illegible] ___ · [illegible] ___

[illegible]: ___
[illegible] ([illegible] + [illegible]): ___

[illegible]: ___

=== [illegible] ===

[illegible]:

- **[illegible]: "[illegible], CPIC/FDA [illegible] - [[illegible]] [illegible]. [illegible], [illegible] CYP [illegible], [illegible]?"**
- **[illegible]: "[illegible] [[illegible]] [illegible] [[illegible]]-[illegible]; [illegible] CYP2D6 [illegible] [[illegible]]; [illegible]/[illegible] - [illegible]? [illegible]? [illegible]?"**
- **[illegible]: "[illegible], [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible], [illegible]?"**

- [illegible] [illegible]: [illegible] [illegible]/[illegible]/[illegible]/[illegible]/[illegible] [illegible] [illegible] **1-10** [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible].

AI [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]